

Compassionate Communication Feelings List

FEELINGS - when needs are met					
AFFECTIONATE adoring compassionate devoted fond friendly kind loving open hearted sexual sympathetic tender warm JOYFUL amused delighted glad happy jubilant pleased receptive tickled	PEACEFUL attuned balanced calm clear headed comfortable centred content fulfilled mellow neutral quiet relaxed relieved reverent satisfied serene still tranquil trusting GRATEFUL appreciative expansive moved thankful touched	ENGAGED absorbed alert aroused curious eager enthralled engrossed enchanted entranced fascinated inquisitive interested intrigued involved mindful spellbound stimulated steady INSPIRED adventurous amazed awed free gleeful glowing light hearted wonder	REFRESHED empowered enlivened euphoric carefree rejuvenated renewed rested restored revived CONFIDENT clearheaded empowered open proud safe secure trusting HOPEFUL expectant encouraged optimistic	EXCITED amazed animated ardent aroused astonished dazzled eager energetic enthusiastic high giddy invigorated lively passionate playful sensual surprised vibrant EXHILARATED blissful ecstatic elated enthralled exuberant radiant rapturous thrilled	ENERGETIC alert alive animated breathless buoyant creative eager effervescent enthusiastic joyous fresh healthy jubilant lively rapturous vigorous vital zestful
FEELINGS - when needs are not met					
AFRAID apprehensive daunted dread foreboding frightened mistrustful panicked petrified pitiful reluctant scared suspicious terrified unnerved wary worried ANNOYED aggravated dismayed disgruntled displeased exasperated frustrated impatient irritated irked miffed peevied	DISQUIET agitated alarmed discombobulated disconcerted disturbed perturbed rattled restless shocked startled surprised troubled turbulent turmoil uncomfortable uneasy unnerved unsettled upset ANGRY enraged furious incensed indignant irate livid outraged resentful vengeful	AVERSION animosity appalled contempt disgusted dislike hate horrified hostile repulsed TENSE anxious constricted cranky distressed distraught edgy fidgety frazzled irritable jittery nervous overwhelmed restless stressed out stretched ungrounded VULNERABLE fragile guarded helpless insecure leery reserved sensitive shaky	PAIN agony anguished bereaved devastated grief heartbroken hurt lonely miserable regretful remorseful SAD depressed dejected despair despondent disappointed discouraged disheartened dissatisfied forlorn gloomy heavy hearted hopeless lonely melancholy mopey pessimistic resigned unhappy wretched	CONFUSED astonished ambivalent baffled befuddled bewildered dazed dizzy doubtful dubious hesitant indecisive lost mystified perplexed puzzled tentative torn uncertain unclear unsure FATIGUED beat burnt out depleted empty exhausted heavy lethargic lifeless listless sleepy tired weary worn out	YEARNING envious jealous longing nostalgic pining wistful DISCONNECTED alienated aloof apathetic bored cold detached distant distracted contemptuous indifferent nonchalant numb passive remote removed uninterested withdrawn EMBARRASSED ashamed deflated flustered guilty mortified remorseful self-conscious shy sorry